

# BALTIMORE CITY --- PUBLIC SCHOOLS

1

## **Food & Nutrition Services**

Presentation to the MACo Summer Conference

August 16, 2018

Dr. Sonja Brookins Santelises  
Chief Executive Officer, Baltimore City Public Schools

Elizabeth Marchetta  
Executive Director, Food & Nutrition Services

# Top Ten Causes of Death, 2015

**Heart disease: 633,842**

**Cancer: 595,930**

Chronic lower respiratory diseases: 155,041

Accidents (unintentional injuries): 146,571

**Stroke (cerebrovascular diseases): 140,323**

Alzheimer's disease: 110,561

**Diabetes: 79,535**

Influenza and pneumonia: 57,062

Nephritis, nephrotic syndrome, nephrosis: 49,959

Intentional self-harm (suicide): 44,193

**Bold** signifies scientific link to diet

# **Fast food now leads to lower academic performance later**

Fast food consumption during fifth grade predicted lower levels of academic achievement in all 3 subjects (reading, math and science) in eighth grade, even when fifth grade academic scores and numerous potential confounding variables, including socioeconomic indicators, physical activity, and TV watching, were controlled for in the models.

Source: Kelly M. Purtell PhD, Elizabeth T. Gershoff, PhD. [Fast Food Consumption and Academic Growth in Late Childhood](#)

# **Current investments to promote healthy eating and physical activity are insufficient**

From 1985-2000, the real cost of fresh fruit and vegetables has risen by 40%. The real cost of fats, oils and soft drinks have decreased more than 10%.

Funding for the Division of Nutrition and Physical Activity at CDC in FY15: \$47.6 million.

The Hershey Company spends 12 times that amount to promote its chocolate and other products: \$562 million

Amount the food industry spends on advertising and promotions to children each year: \$1.8 billion.

Amount spend on the National School Lunch Program: \$12.6 billion

Amount food companies spend on advertising each year: \$33 billion.

Source: Schoonover and Muller, 2006, [USDA](#), [Center for Science in the Public Interest](#)

# BALTIMORE CITY

## 2017 NEIGHBORHOOD HEALTH PROFILE

*Baltimore City (overall)*



[https://health.baltimorecity.gov/sites/default/files/NHP%202017%20-%20000%20Baltimore%20City%20\(overall\)%20\(rev%206-22-17\).pdf](https://health.baltimorecity.gov/sites/default/files/NHP%202017%20-%20000%20Baltimore%20City%20(overall)%20(rev%206-22-17).pdf)

Indicator (cause of death – not necessarily in order of magnitude)	Baltimore City	
	Age-adjusted Mortality Rate (Deaths per 10,000)	% of Total Deaths
<b>36. Heart Disease</b>	24.4	24.4%
<b>37. Cancer</b> (all kinds)	21.2	21.3%
<b>38. Lung Cancer</b>	5.9	5.9%
<b>39. Colorectal Cancer</b>	2.0	2.0%
<b>40. Breast Cancer</b> (females only)	2.6	1.5%
<b>41. Prostate Cancer</b> (males only)	3.0	1.1%
<b>42. Stroke</b>	5.0	4.9%
<b>43. Drug- and/or Alcohol-Induced</b>	4.4	4.5%
<b>44. Chronic Lower Respiratory Disease<sup>1</sup></b>	3.6	3.5%
<b>45. Accident/Injury</b>	3.5	3.5%
<b>46. Homicide</b>	3.3	3.5%
<b>47. Diabetes</b>	3.0	3.0%
<b>48. Septicemia</b> (blood poisoning)	2.7	2.7%
<b>49. HIV/AIDS</b>	1.8	1.8%
<b>50. Falls-related</b>	1.0	1.0%

Source: BCHD calculations of data provided by the Maryland Department of Health and Mental Hygiene Vital Statistics Administration (2011-2015).

<sup>1</sup> Includes Chronic Obstructive Pulmonary Disease (COPD), emphysema, chronic bronchitis, and asthma.

# Baltimore City's Health Begins Where We Live, Learn, Work, and Play

A story map



Community Statistical Areas

Teen Birth Rate (2013)

Life Expectancy (2013)

Affordability Index - Rent (2009-2013)

Percent of Students Susp. or Expelled (2013)



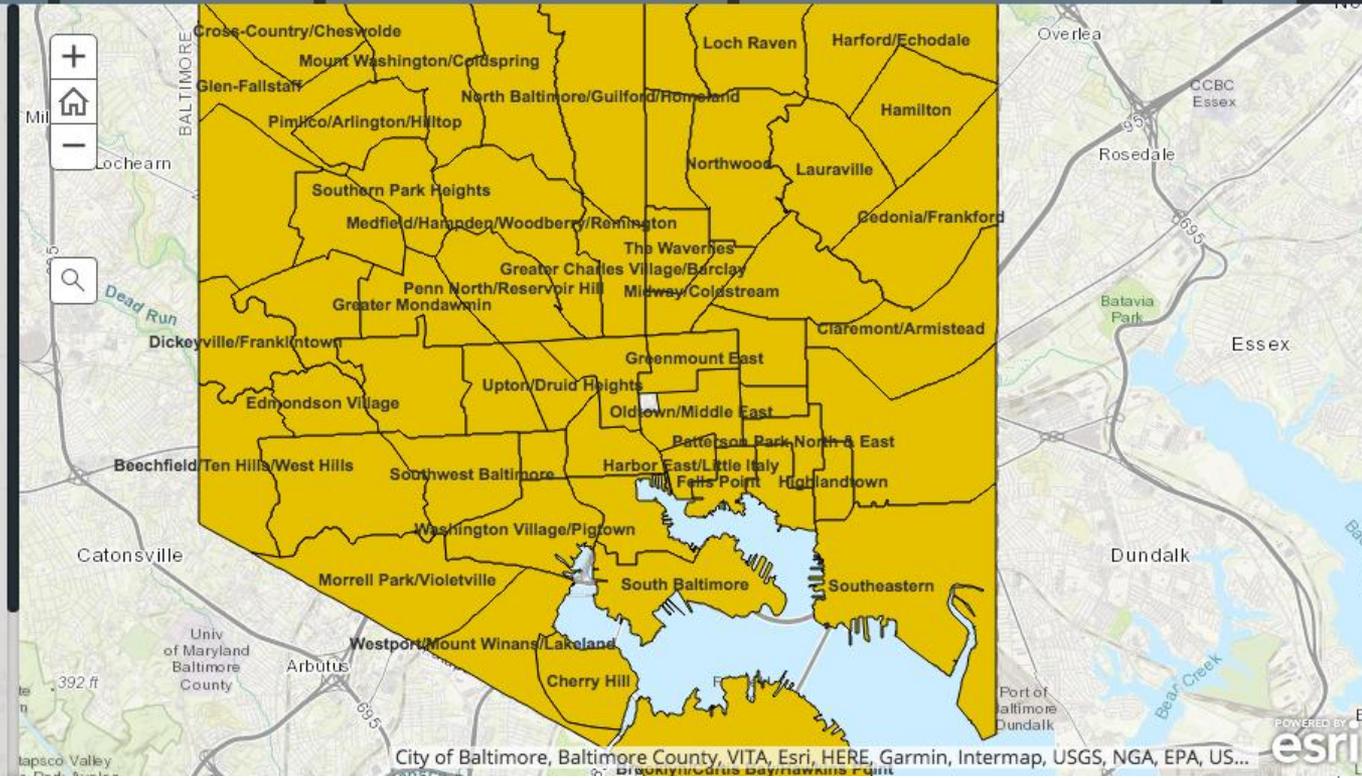
This map, created by the [Baltimore City Health Department](#), explores factors that affect how Baltimore residents live, learn, work, and play. Collectively, these are known as the social determinants of health.

### Notes about the map

Baltimore consists of 55 Community Statistical Areas or CSAs. Click across the tabs above to navigate to different factors influencing health. Click on a CSA to see the value for a particular factor.

- All CSAs are ranked for each factor into fifths (from lowest to highest or highest to lowest).
- The gray-colored area next to Oldtown/Middle East is the Baltimore City Detention Center (not a CSA).

For more detailed information, check out the Baltimore City Neighborhood Health Profiles at: <http://health.baltimorecity.gov/neighborhoods/neighborhood-health-profile-reports> and the Baltimore Neighborhood Indicators Alliance (BNIA) Data



<http://baltimore.maps.arcgis.com/apps/MapSeries/index.html?appid=7c85a6d5b958496d863e73823>

4373934

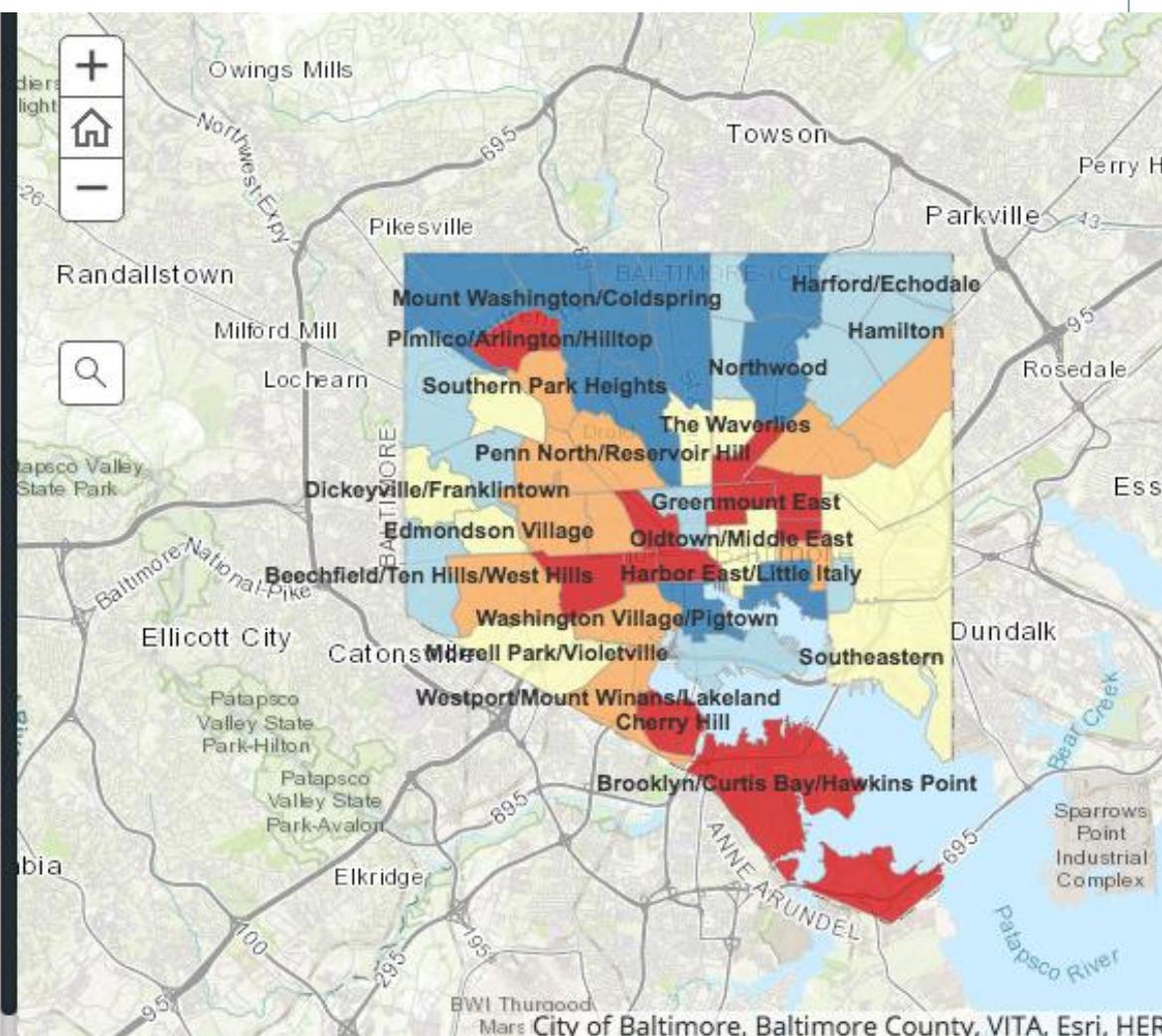
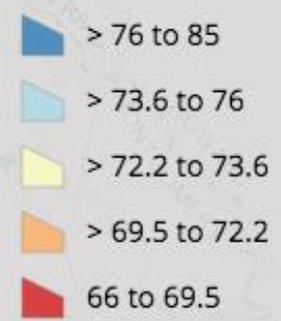
"The only thing more astonishing than this **19-year gap in life expectancy** is the short distance you have to travel in Baltimore to get from one extreme to another." - [Washington Post](#)

Life expectancy at birth is the average number of years a newborn baby can be expected to live based on current mortality trends.

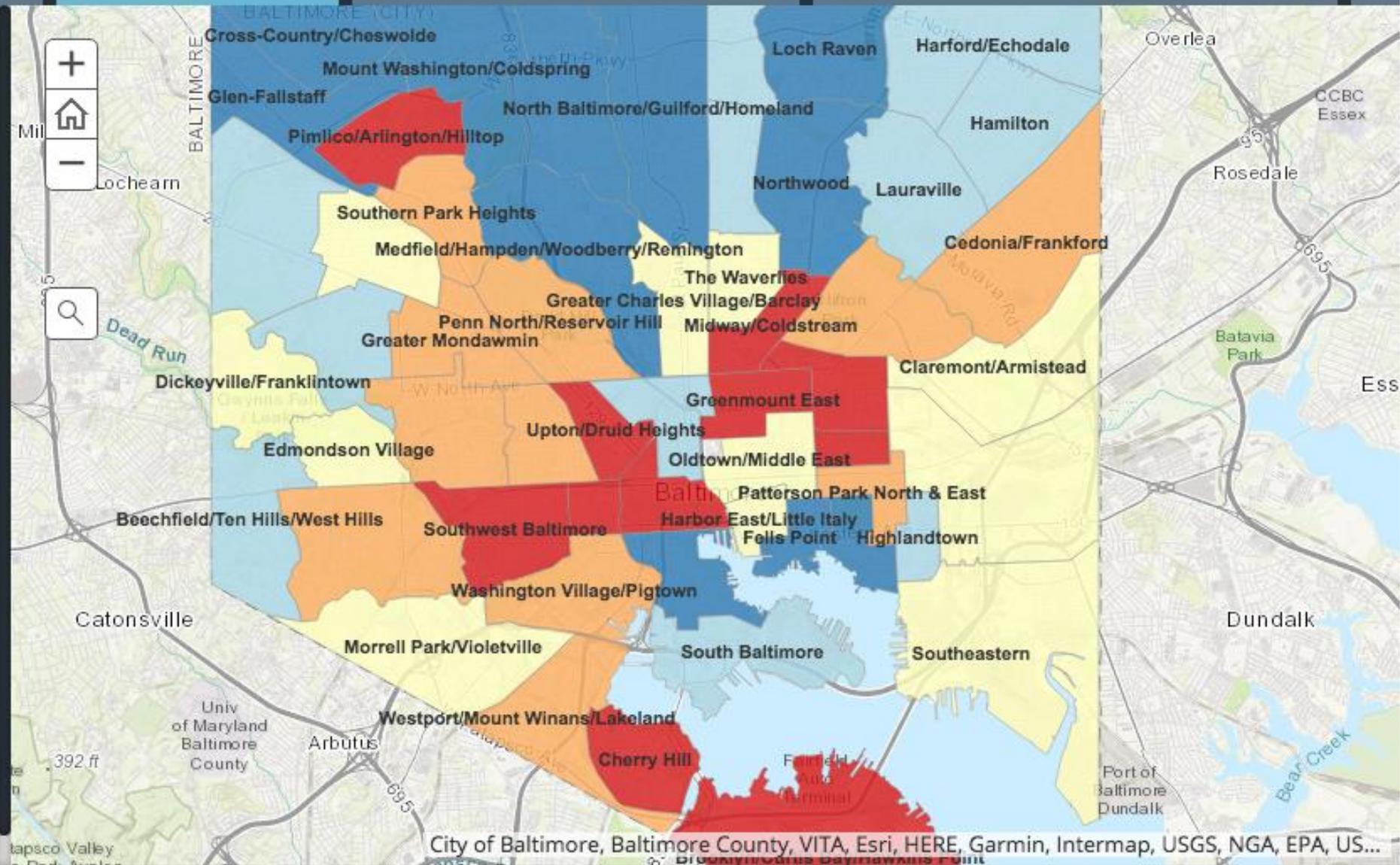
Data source: [BNIA Vital Signs 13](#).

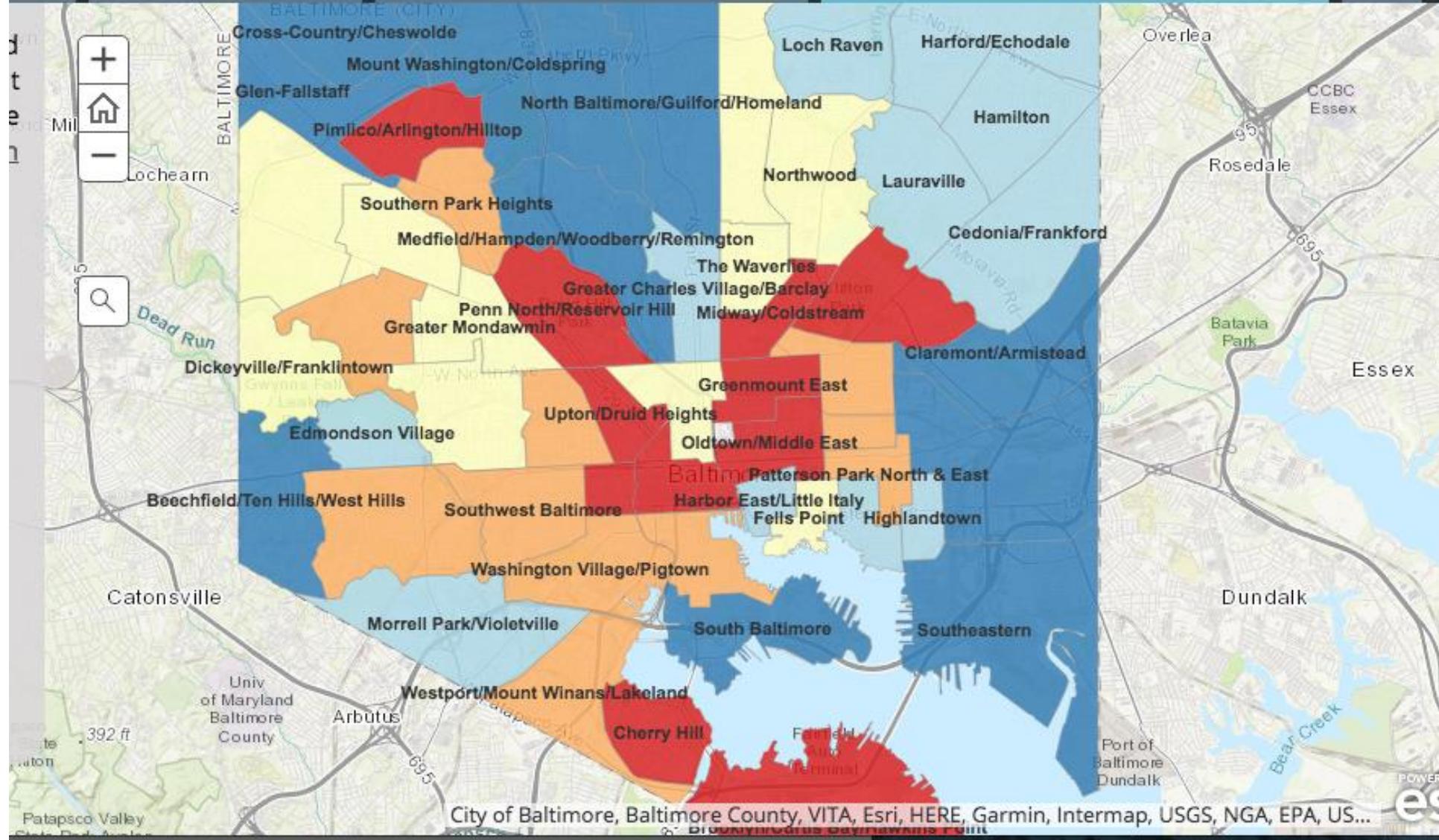
Life Expectancy (number of years, 2013)

Number of years



City of Baltimore, Baltimore County, VITA, Esri, HERE





City of Baltimore, Baltimore County, VITA, Esri, HERE, Garmin, Intermap, USGS, NGA, EPA, US...



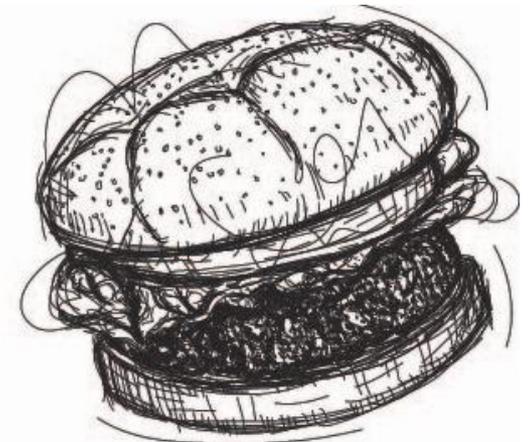
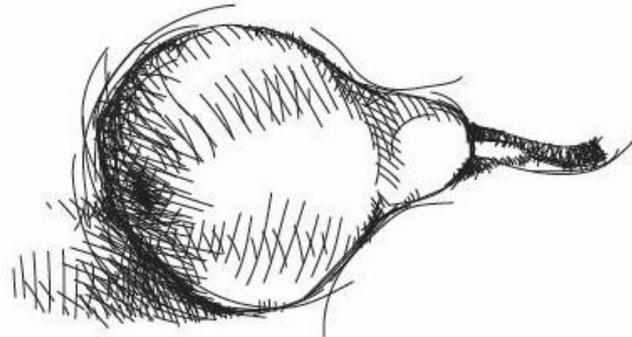
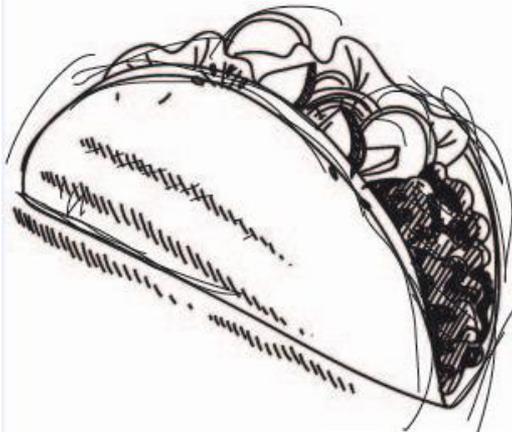
# Food & Nutrition Goals

11

## Quality

## Participation

## Accountability



# Quality Meals: Wellness Policy Standards

12



Meet USDA regulations for school meals and eliminate ingredients that have not been shown to be promoting of good health by scientific and peer-reviewed studies

Promote local food purchasing

Enact strategies to promote school meal participation and consumption of fresh fruit and vegetables

Implement Farms to Schools strategies that increase student awareness of the link between food, farming and nutrition and to support the local agricultural economy

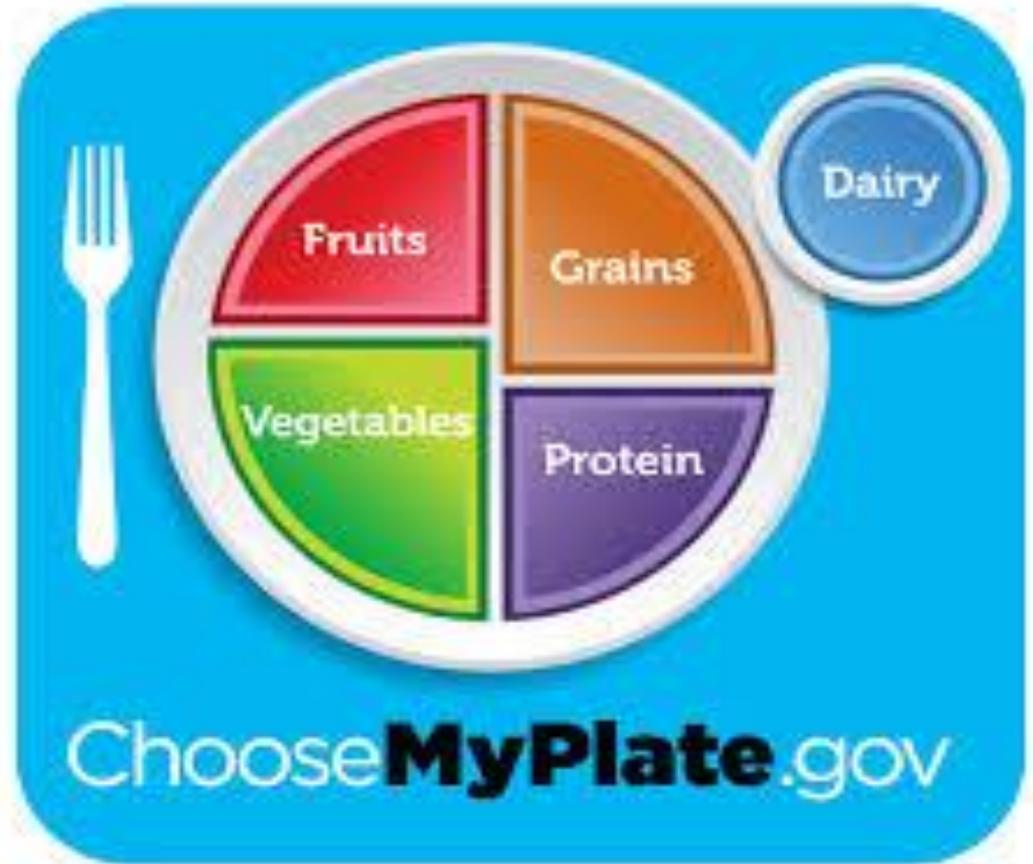
# Quality Meals: USDA Standards 101

13

## Offer vs. Serve:

5 components offered; students must choose 3 of the 5 meal components.

One item must be **fruit or vegetable** (minimum 1/2 cup).



# All School Meals Meet or Exceed USDA Standards

14



## Milk

- All fluid milk choices are low fat or fat free;
- Flavored milk at lunch ONLY
- As of January 2016, No high fructose corn syrup in flavored milk
- Locally sourced: Cloverland Dairy

## Grains:

- 100% of grains are whole grain-rich
- No high fructose corn syrup in bread
- Locally sourced: H&S Bakery

## Proteins:

- Pork free menu
- Whole muscle chicken
- **NEW – 5 day/ week vegetarian menu**

Other: < 10% total calories from saturated fat; zero trans fats; reduced sodium; cleaner food labels; special dietary accommodations for medical allergies, 40 new products in SY2016 with 70% student approval

# Promoting Consumption of Fresh Fruits and Vegetables

15

No limits

Focus on  
**FRESH**

Salad offered  
at lunch daily

Fresh fruit at  
each meal



# New Vegetarian Options

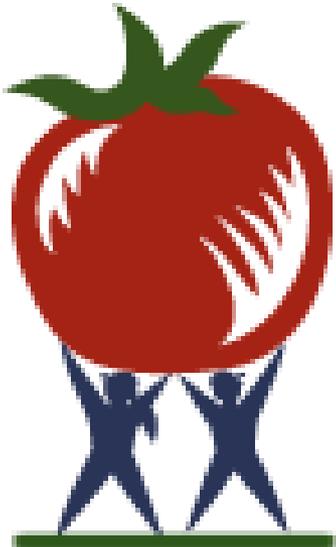


**Roasted Red Pepper Hummus, Falafel, Spicy Black Bean Burger**

# Promoting Purchases of Local Produce

17





# GREAT KIDS FARM

BALTIMORE CITY  
PUBLIC SCHOOLS



## our mission

Great Kids Farm engages Baltimore City Schools students at all grade levels to support classroom learning, participate in every aspect of food preparation, and prepare students for success in 21st century colleges and careers.





MARYLAND  
**Homegrown**  
**School Lunch**  
**Week**  
SEPTEMBER 19-23, 2016



# Focus National

District Procurement Report

**Baltimore City Public Schools**

School Year 2015-16

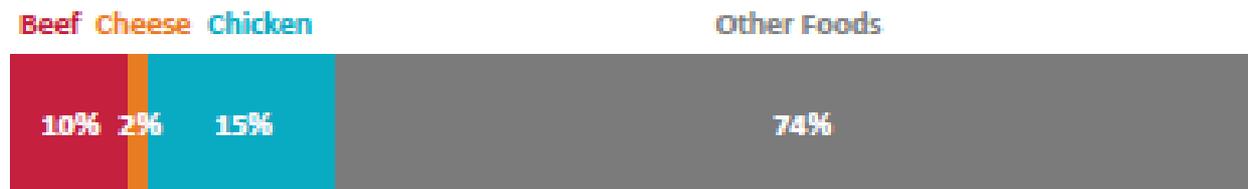
Created March 2017

# School Food Focus District Procurement Report

School Food Focus is pleased to share Baltimore City Public School's school year (SY) 2015-16 procurement data report. This report highlights the exceptional efforts of Food and Nutrition Services (FNS) in procuring high quality foods to serve to students through its school meal program.

This report provides an in-depth look at the Focus National priority food groups including beef, cheese and chicken. Sections of the report include summaries of results for these food groups in relation to the following attributes: healthfulness, regional sourcing and sustainable production. Data covers purchasing trends from SY 2015-16.

Figure 1. Spending on priority food groups compared to other food spending in SY 2015-16.



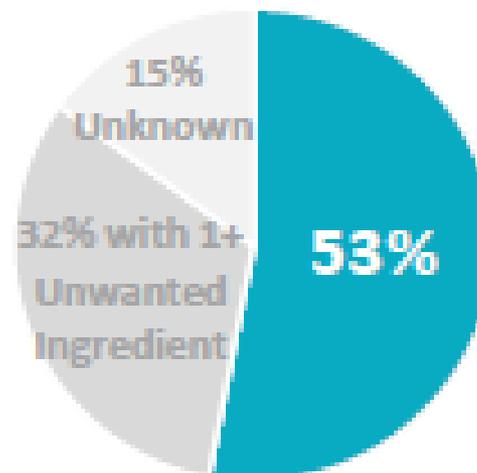
\*Due to rounding, percentages do not add up to 100%.

## Healthier Chicken

**Chicken free of unwanted ingredients:** In SY 2015-16, FNS purchased 1,880,473 servings of chicken (53% of servings) free of unwanted ingredients (Figure 16).<sup>7</sup> These chicken products included 8 piece cut-ups, patties and popcorn chicken from Pilgrim's Pride, and premade entrees from Asian Food Solutions. None of the Focus National priority products, drums and strips, were completely free of unwanted ingredients (Figure 17).

**Figure 16. Percent of chicken servings that were free of unwanted ingredients in SY 2015-16.**

### Chicken Free of Unwanted Ingredients



# Available on the Wellness Site

23

) [www.baltimorecityschools.org/Page/30855](http://www.baltimorecityschools.org/Page/30855)

## Meals

- Overview
- Meal Programs
- [Wellness Policy & Regulations](#)
- Menus
- [Farms to School](#)
- Food Pantry
- [More Information for Every Day](#)
- Summer Meals

## Wellness, Nutrition, and Physical Activity

The Baltimore City Board of School Commissioners is committed to fostering school environments that promote student health, well-being, and the ability to learn. Along with a comprehensive wellness education, students will have the knowledge and skills necessary to make healthy choices as they grow into adulthood. This Wellness, Nutrition, and Physical Activity policy sets guidelines for health education, nutrition education and promotion, physical education, physical activity, nutrition standards, behavioral health services, and school-based wellness activities.

Information on USDA and MSDE Nutrition Standards:

- [USDA Nutrition Standards for School Meals](#)
- [Caffeine Restriction Justification](#)
- [Maryland Nutrition Standards for All Foods Sold in School](#) (*applies to school stores and vending machines*)
- The district is working to eliminate ingredients not promoting of good health by scientific and peer reviewed studies. Please read the [School Food Focus District Procurement Report](#) which highlights some of our efforts.

Baltimore City Schools District Wellness Policy:

- [Wellness, Nutrition, and Physical Activity Policy Annual Update](#)
- [Wellness Policy](#)
- [Nutrition Standards and Meal -Time Climate Regulations](#)
- [Physical Education and Physical Activity Regulations](#)
- [Implementation and Monitoring Regulations](#)
- [WellSAT](#)
- [WellSAT 2.0](#)

### Is Your Snack a Smart Snack?

Alliance Product Calculator for Smart Snacks! Simply enter the product information, answer a few questions, and determine whether your beverage, snack, side, entree item meets the new USDA Smart Snacks in school Guidelines.

[Smart Snack Calculator](#)

# Eliminating Polystyrene Trays

THE BALTIMORE SUN



Polystyrene foam trays are used to serve hot food to Baltimore students every day, which concerns us given how the plastic is manufactured. The two most well-known chemicals used are styrene and benzene. The National Institutes of Health's National Toxicology Program deems styrene "reasonably anticipated to be a human carcinogen" and benzene a known human carcinogen. Styrene can leach into hot foods and can be found in elevated levels in human fat tissue. This is a sign of long-term absorption and not simply short-term presence in the body before excretion.

Besides being found in polystyrene, benzene and styrene are both found in industrial manufacturing areas and are released into the environment through car tailpipe emissions and cigarette smoke. Sounds like something you want to eat food off of? We don't think so either.

Claire Wayner and Mercedes Thompson,  
Students at Baltimore Polytechnic Institute  
[Baltimore Sun, February 27, 2017](#)

# LUNCH LESSONS 101

Six of the country's largest school districts, advised by NRDC, will start using eco-friendly plates in cafeterias this month, dumping polystyrene trays.

Made in the U.S.A. from recycled newsprint

Source of pollution



Compostable



Made from petroleum products



225 million clog landfills every year



Drink slot in the middle to balance and prevent bending

LEARN MORE:  
[URBANSCHOOLFOODALLIANCE.ORG](http://URBANSCHOOLFOODALLIANCE.ORG)



# Food & Nutrition Goals

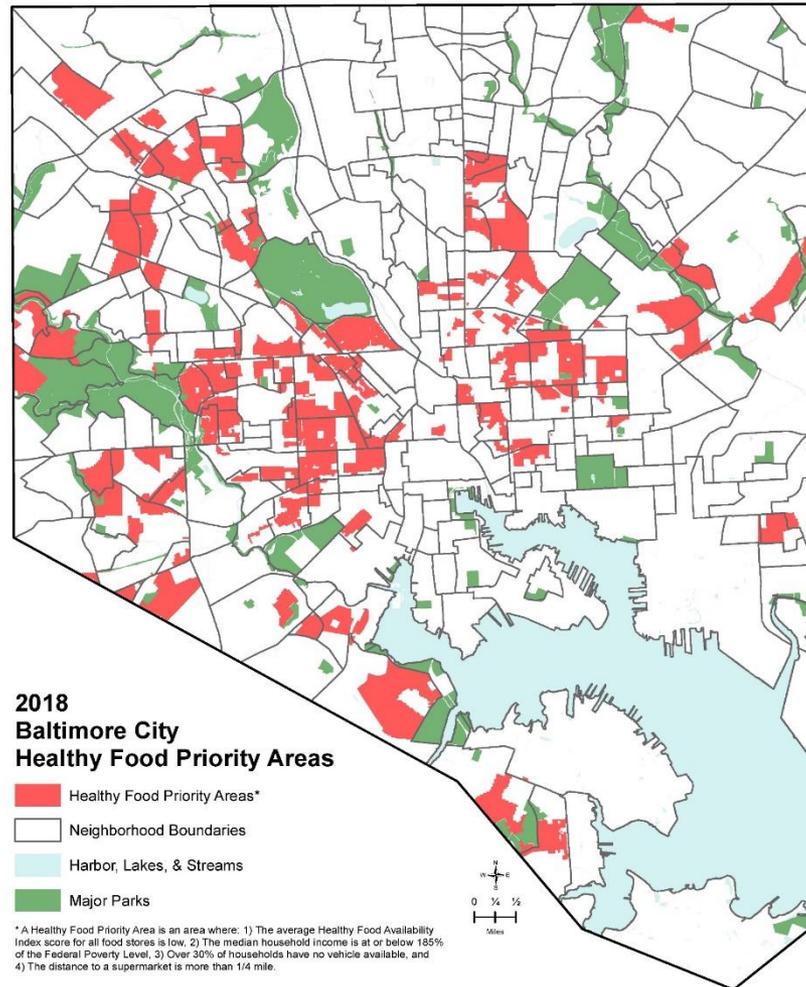
26

Quality

**Participation**

Accountability

# Food Access and Environment



BALTIMORE  
CITY HEALTH  
DEPARTMENT

Baltimore  
Development Corporation

SOURCE: [HTTPS://PLANNING.BALTIMORECITY.GOV/BALTIMORE-FOOD-POLICY-INITIATIVE/FOOD-ENVIRONMENT](https://planning.baltimorecity.gov/baltimore-food-policy-initiative/food-environment)

# Food Programs Available to Schools

Program	School Criteria
Breakfast	None: free to all students at all schools
Lunch	None: free to all students at all schools
After School Snack & Supper	Application process in fall Must be associated with programming
Fresh Fruit & Vegetable Program	Application process in spring Eligible elementary schools only
Food Pantry (MD Food Bank)*	Application process in fall
Summer Meals (Breakfast and Lunch)	Any building opened for summertime use (sites open to community)

# Participation in School Meals: FY13-17

29

	FY12-13	FY13-14	FY14-15	FY15-16	FY 16-17
<b>Breakfast</b>					
Total Meals Served	5,288,491	5,039,099	5,151,447	5,472,491	5,007,652
Average Daily Participation (ADP)	29,289	28,971	30,473	31,048	28,098
% of Enrollment*	34%	34%	36%	37%	34%
<b>Lunch</b>					
Total Meals Served	8,651,991	8,403,579	8,804,416	10,622,397	10,520,332
Average Daily Participation (ADP)	47,995	48,275	49,488	59,665	58,718
% of Enrollment*	56%	57%	58%	71%	71%

\*: % of Enrollment = (ADP ÷ Official Oct 31 enrollment) \* 100 [i.e. (ADP/82,555) \* 100]

SOURCE: MSDE

# Food & Nutrition Goals

30

Quality

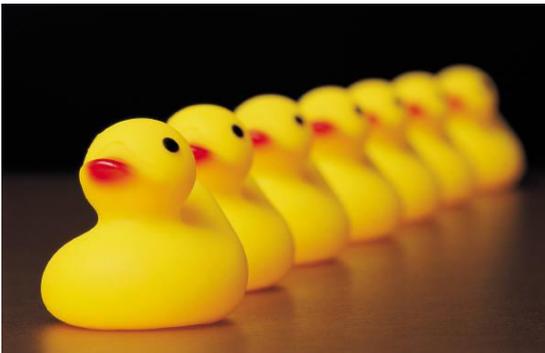
Participation

**Accountability**

Goal:

Accountability

- Baltimore City Schools Students, Families and Communities
- Baltimore City Health Department
- United States Department of Agriculture (USDA)
- Maryland State Department of Education (MSDE)
- **The Bottom Line:** \$3 per meal



# Navigating Policies and Procedures



# Accountability

33



The operation of the Child Nutrition Programs will be measured for compliance in the following areas:

Performance Standard 1 (critical area) - All free, reduced-price, and/or paid lunches claimed for reimbursement are served only to eligible children and are counted, recorded, consolidated, and reported through a system which consistently yields correct claims.

Performance Standard 2 (critical area) - Lunches claimed for reimbursement within the LEA meet the school meal pattern of the 2010 Healthy, Hunger-free Kids Act.

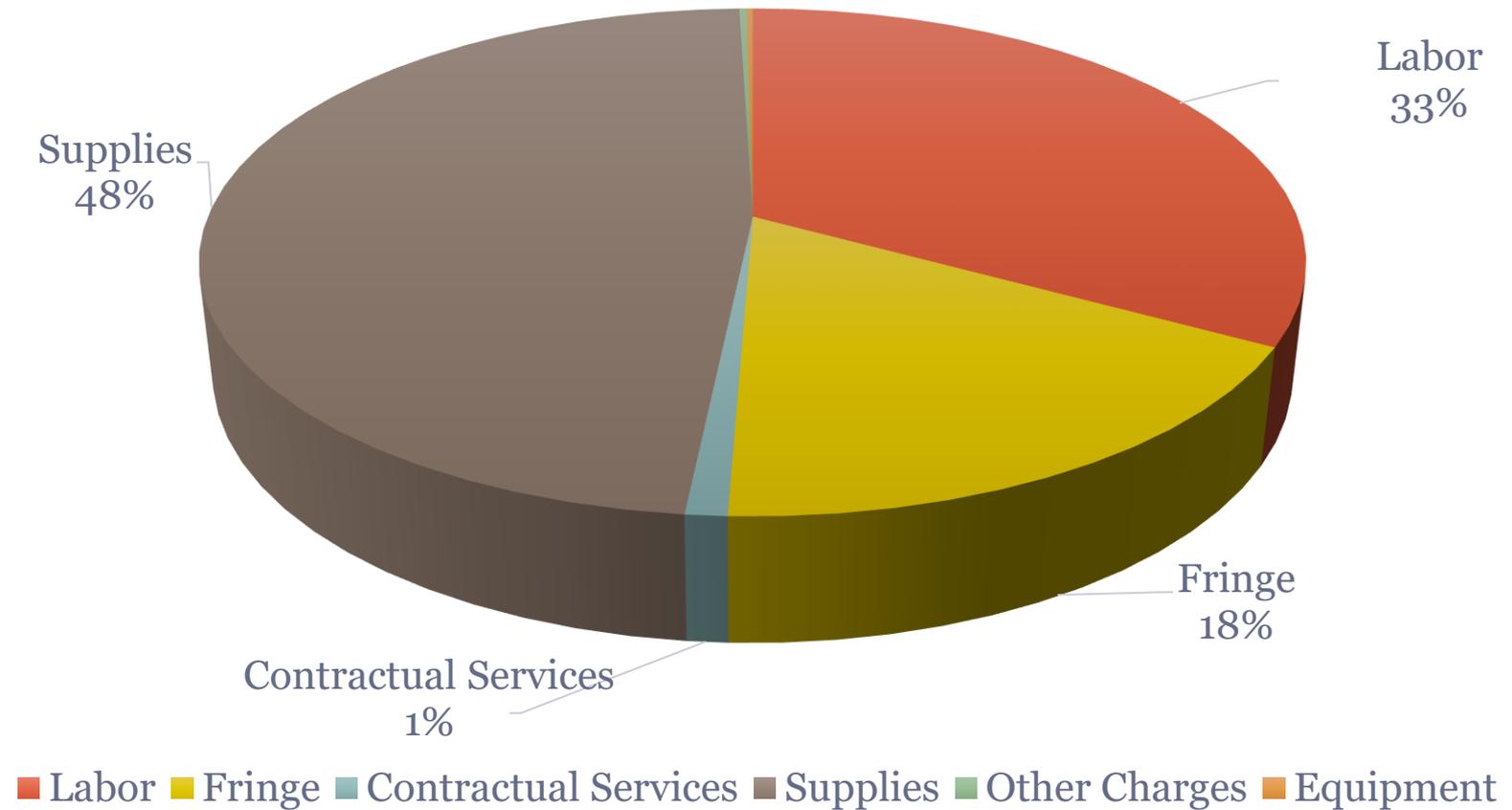
# Budgeting 101



- **General fund**
- **Restricted/special fund**
- **Enterprise fund (Food & Nutrition)**
  - ✦ \$3 federal reimbursement from USDA for each eligible meal served
  - ✦ Reimbursement must cover cost of food, equipment and staff
  - ✦ Cafeteria staff and food programs are managed and funded centrally by the Food & Nutrition Department

# FY17 Actual Expenses

35



# Who is behind YOUR food?

36

## Food system workers

- **Are many:** 20 million people, 1/6 of nations workforce
- **Are low paid:** 86% earn subminimum, poverty or low wages
- **Have higher levels of food insecurity:** twice as likely to use food stamps compared to other industries
- **Lower access to benefits:** 83% have no health insurance from employer, 79% do not have sick leave



Source: [2010 Bureau of Labor Statistics, 2012 Food Chain Workers Alliance](#)

# Accountability for and to our workforce

37

- **750+ employees**
  - over 8,000 years of service
  - most are city residents
- **Staffing Model**
  - Each site assigned labor hours based on the volume of meals served
  - Manager I, II and III, depending on volume of meals served
- **Reduce Turnover, Increase Benefits & Wages**
  - 57% of staff had full benefits in 2013
  - 75% of staff had full benefits in 2016
  - Average wage for food service occupations in Maryland in 2016\*: **\$11.85**
  - Average wage for school-based cafeteria positions in Baltimore City Schools in 2016: **\$15.15**



\* [Source: 2016 Bureau of Labor Statistics](#)

# District Wellness Policy

38

- Baltimore City Public Schools adopted a revised Wellness Policy in June, 2015 after several rounds of feedback and more than 120 comments from 15 different stakeholder groups.
- Regulations for the following areas:
  - Physical Activity & Physical Education
  - **Nutrition Standards & Meal-time Climate**
  - Comprehensive Health & Nutrition Education
  - Student Support & Behavioral Health Services
  - Implementation and Monitoring

# Questions?

**NO  
VEGGIE  
LEFT  
BEHIND**



*↑ Your cafeteria features Vegetables grown by Baltimore City students at Great Kids Farm!*

